



HIGHGROVE HAPPENINGS

Real. Local. Truth.

Includes: Spring Mountain Ranch



IMPROVING OUR COMMUNITY by encouraging family, health and local discussions

(FREE) Local News for the Highgrove Area for 34 years

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MAY 2026

"Why do we age? Why does cancer develop? What's the connection between heart failure and Alzheimer's disease, or infertility and hearing loss? (Can we extend lifespan, and if so, how?)... Many will be amazed to learn that all these questions, and many more, can be answered by a single point of discussion - **mitochondria and biogenetics.**"

- Lee Know, ND,

Author of LIFE: The Epic Story of Our Mitochondria

**Highgrove MAC (Municipal Advisory Council) Next Meeting: May 27th, 2026
6pm at Highgrove Library
530 W. Center Street**

BE AWARE OF SPAMMERS!

Dynata.com is a known, and considered legitimate pollster. But there is also one called Dynata polls.com some claim to be spam by asking leading questions. They say they are just polling... but they may be **phishing** for info to use against you.

Repairing Your Body (Pt.2 Cont. from April 2026)

I wish more people knew that the body can repair. It is well-supported by science that messed up cellular energy is at the foundation of many problems our bodies can have. But that there is also well-supported theory that even cells that reproduce wrongly (cancer) can repair!

This column will explore, one way to heal your cells or mitochondria. This will be a technique you can implement each month. IF you create a habit from each of these things, your energy and zest for life will be more than you ever dreamed possible - **you won't recognize your upleveled self by next year!**

How do I know? I started this program - one step at a time - years ago. What a difference this has made for me! So much so that I wrote a book to help others do the same. I will be doing classes to help my clients, but will let others sit in, so if you are interested get on my email list at the end of this story so you don't miss out.

This month's issue will focus on **a foundation for mitochondrial health** that will not only bring **more energy**, it will speed the rate your body **uptakes nutrients** and **gets rid of toxins**. Lets go! (Cont. P. 6)

"Epigenetics literally means 'above' or 'on top of' genetics. It refers to external modifications to DNA that turn genes 'on' or 'off'. These modifications do not change the DNA sequence, but instead, they affect how cells 'read' genes." -- *Livescience.com*



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Please Don't Hurt Me. Tell on/STOP Those Who Do!

Californians overwhelmingly demand Voter ID

Opponents say that requiring Voter ID would make voting inaccessible for some. But 1.3 million signatures of Californians say that we believe it is important to show ID when you vote.

Proponents say you need ID to drive, travel on a plane or get a job, why would you not need ID to vote? **What do you think?**

This will be going to the ballot and some say this is another sign of change for policies - not just in California - but across the nation.

Enjoy writing? Want to learn a skill set that could translate to making you, "future-proof"? The Highgrove Happenings Newspaper is looking for young interns to learn writing, marketing and modern skill-sets to benefit our community and youth.

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